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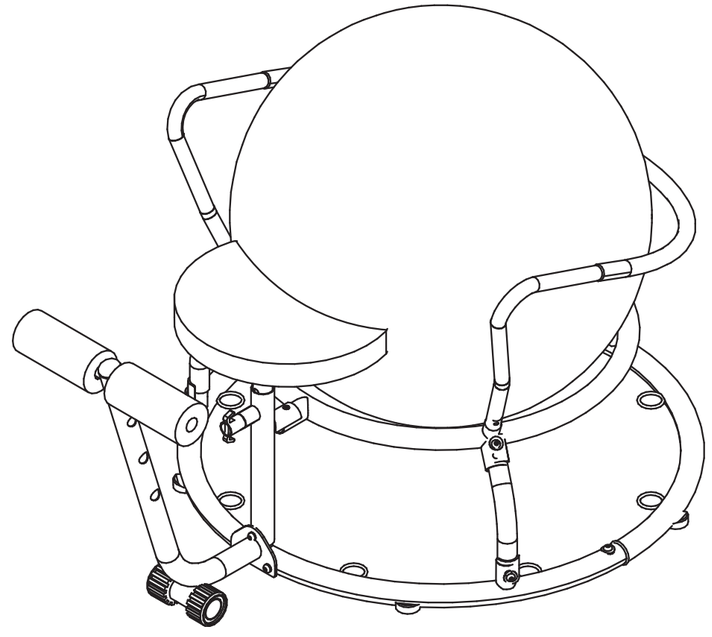
Designed for life.™

FUNCTIONAL FX™ SERIES

VersaBALL FX™ Pro



User's Guide

Designed for life.™

HORIZON FITNESS I 800 BURTON BOULEVARD I DEFOREST, WI 53532
Phone 1-800-244-4192 Fax 1-608-842-1660
www.horizonfitness.com

Functional FX PRO Series. Rev. 1.0

2004 Horizon Fitness Products I Designed & Engineered in the U.S.A. I Made in China

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Warm-Up & Cool-Down

WARM-UP
Warm-Up consists of 3 activities. And it is important that they are followed in the below order.

1. Raise Heart Rate - begin to warm-up the muscles that you will be working by increasing your heart rate. This may include a brisk walk, jogging, jumping jacks, jump rope, or running in place.

2. Motor Skills - These activities once again incorporate the muscles groups you will be using, but the focus is more on coordination and flexibility. This may include rolling the arms and legs in small to big circles, squats with no weight, or twisting at the waist.

3. Stretching - Stretching should be done after you have raised your heart rate and have sufficiently gone through motor activities. Muscles will be easier to stretch at this time because of their increased temperature; this will reduce the risk of injury. Hold each stretch for approximately 15-30 seconds without much movement. Make sure to stretch out all of the major muscles groups.

COOL-DOWN
Cool-down your body by following the below steps.

1. Slowly Lower Heart Rate - Return your body's heart rate to a resting state. Since muscles are still warm begin to stretch out muscles. Stretching should take place after each training session.

Limited Warranty

WARRANTY
Horizon Fitness warrants the Ball Trainer to the original purchaser only, that is the product will be free from defects in materials and workmanship under normal use for a period of 90 days from the date of the purchase by the original purchaser.

This warranty does not apply to any product that has been subject to abuse, misuse, alteration of any type or cause or damage caused by repair, replacement, substitution or use with parts other than Horizon Fitness parts.

This limited warranty is not transferable to another party.

For all warranty issues please call our toll-free number at 1.800.244.4192.

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Introduction

THANK YOU for purchasing the Horizon Fitness Functional FX™ VersaBALL FX™ Pro Trainer. Horizon Fitness is dedicated to providing our customers with efficient and effective fitness solutions. Look for more Functional FX™ products in the near future at your nearest fitness retailer or online at www.horizonfitness.com.

WARNING!
Consult a physician before beginning any exercise program. Immediately discontinue use of this product if you feel faint or dizzy. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician prior to use. If this equipment is not assembled and used properly, serious bodily injury can occur. Serious bodily injury can also occur if the enclosed instructions are not followed correctly. Keep pets and children away from machine when in use. Always make sure hardware is tightened prior to use and make sure to follow all safety instructions in this manual.

WEIGHT CAPACITY
Weight on this product should not exceed 350lbs. This includes user weight plus any other type of resistance that has additional weight.

This product is produced by Horizon Fitness
HORIZON FITNESS
800 Burton Blvd.
DeForest, WI. 53532
1.800.244.4192
www.horizonfitness.com

Storage

To store the Ball Product keep it in a clean, dry place away from direct sunlight. For smaller storage areas, you can deflate the ball.

Resistance bands can be stored within the base ring. Lock the bands from side to side for convenient storage.

Maintenance

Examine the ball for damage or wear before each use. Give special attention to ball discoloration and scratching; if either of these exist call Horizon Fitness to replace ball.

CARE:
1. It is the responsibility of the owner to provide regular maintenance.
2. Clear workout area of sharp objects that could puncture ball. Use only smooth surface when using ball outside of frame.
3. Slight leakage may occur over time. Re-inflate when necessary.
4. Hand wash ball with soft, damp and soapy cloth.
5. Do not use harsh or abrasive chemicals or cleaning tools that could damage ball or paint on frame.
6. Avoid placing ball on printed materials as ink could permanently mark ball.
7. Avoid exposing the ball to heat or direct sunlight.

RESISTANCE BANDS AND BALL REPLACEMENT
If the resistance bands or ball becomes cut, nicked, or gouged in any way do not use. To purchase a replacement call our toll-free number at 1.800.244.4192 or email us at horizonfitness.com

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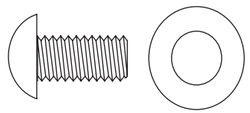
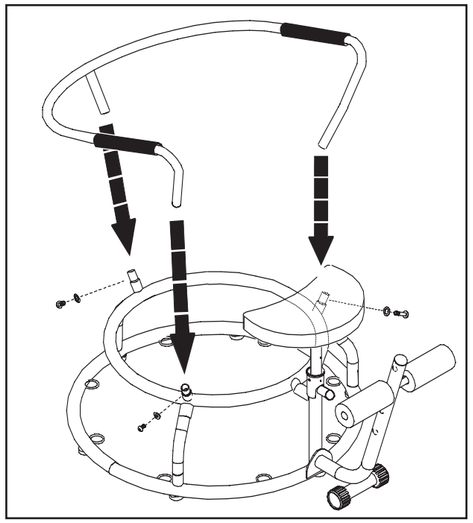
Assembly Instructions

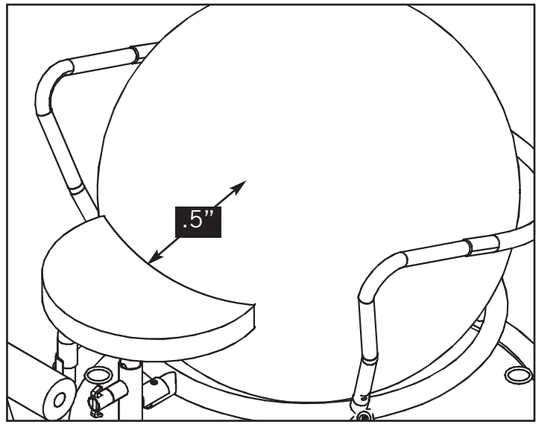
STEP 7
Assemble handle bar to upper ring. The left and right handle tubes, as well as the rear handle tube, should slide over the upper ring male tube ends. Use 3 Bolt D's and 3 curved washers.

BOLT D





STEP 8
Inflate the ball. **WARNING...DO NOT OVER-INFLATE!**
To ensure your ball is inflated properly you will need to measure the distance between the ball and the seat when the seat is at a mid-level position. There should be a 1/2 inch of space between the seat and the ball so that the seat can move up and down properly.



Safety Instructions

WARNING: Before using the VersaBALL FX™Pro please read the following safety instructions to reduce the risk of injury.

1. Read all warning labels attached to VersaBALL FX™ Pro.
2. Read the Assembly/Owner's Manual in its entirety.
3. Make sure the VersaBALL FX™Pro is assembled properly before using, tightening all hardware
4. Do not allow children to play on VersaBALL FX™Pro.
5. Keep pets away from VersaBALL FX™Pro.
6. Keep ball away from sharp objects and inspect ball before each use for any areas where ball may be damaged; this includes deep scratches or gouges.
7. Keep resistance bands away from rough surfaces and inspect bands before each use for any areas where resistance bands may be damaged; this includes cuts, deep scratches, or gouges.
8. There are non-slip pads on the base of the VersaBALL FX™Pro, please make sure they are in contact with the floor. A fitness mat also helps stabilize the product.
9. Consult a physician before exercising on the VersaBALL FX™Pro. If at anytime while working out on the product you feel discomfort, stop and consult your physician.
10. Choose exercises that fit your level of fitness experience, considering your strength and flexibility during all exercises.
11. Wear proper fitness clothing; clothing that does not hang over machine.
12. Try to maintain balance at all times when using the VersaBALL FX™Pro. Falling from the machine may result in serious bodily injury.
13. The VersaBALL FX™Pro should only be used by one person.

WARNING: Before starting an exercise program consult a physician. This is very important if you have never exercised before, you are pregnant, or you suffer from any illness making physical activities more difficult.

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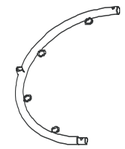
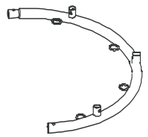
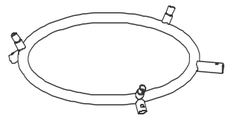
Parts List



BASE RING TUBE A
BH100-01

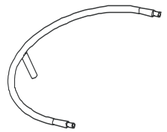


BASE RING TUBE B
JBH100-02

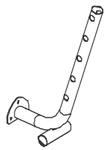


UPPER BALL RING
JBH100-03

REAR SUPPORT TUBE
JBH100-04



HANDLE BAR
JBH100-06



FOOT SUPPORT TUBE
JBH100-08

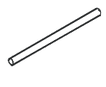
SEAT RECEIVER TUBE
JBH100-07

SEAT ADJUSTMENT
TUBE JBH100-10

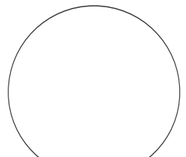
FRONT SUPPORT TUBE
JBH100-05

LEFT HANDLE
TUBE JBH100-12

RIGHT HANDLE
TUBE JBH100-13



LEG PAD TUBE
JBH100-09



BALL
JBH100-19

LONG RESISTANCE BAND
JBH100-17

SHORT RESISTANCE
BAND JBH100-18

SMALL ROUND
END PLUG
JBH100-20

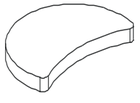
MEDIUM ROUND
END PLUG
JBH100-21

LARGE ROUND
END PLUG
JBH100-22

LOW FOOT
JBH100-16

HIGH FOOT
JBH100-15

SEAT SLEEVE
JBH100-14



SEAT CUSHION
JBH100-11

LEG PAD
JBH100-23

HAND GRIP
JBH100-24

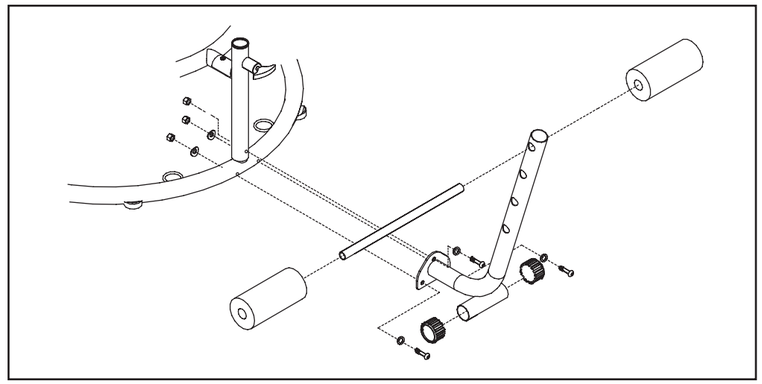
ROUND END CAP
JBH100-25

PULL PIN
JBH100-26

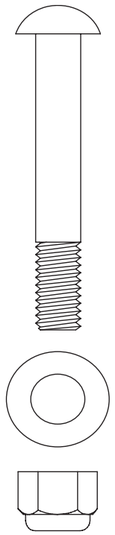
Assembly Instructions

STEP 5
Assemble foot support tube. 1 Bolt A and 1 flat washer goes through the upper center hole, then assemble through the seat adjuster tube with a nut. The remaining 2 BOLT A's go through the 2 lower, left and right holes on the foot support and then through the base ring.

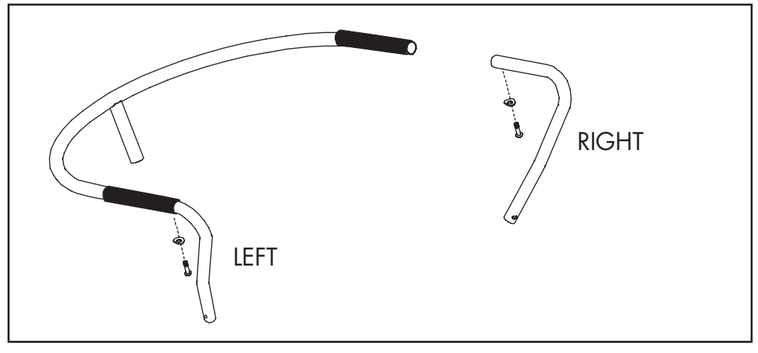
Note: The left and right bolts use 1 curved washer and 1 flat washer.

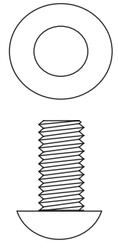


BOLT A



STEP 6
Assemble the left and right handle tubes to the remaining portion of the handle bar using 2 Bolt D's and 2 curved washers.





BOLT D

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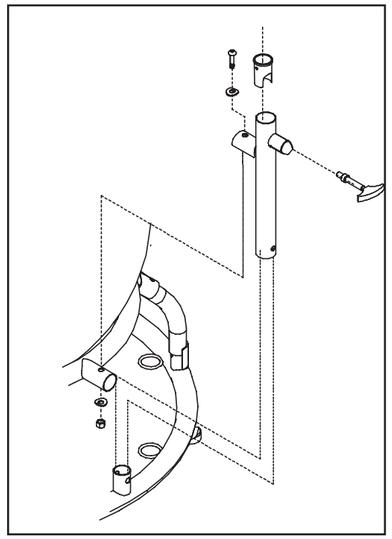
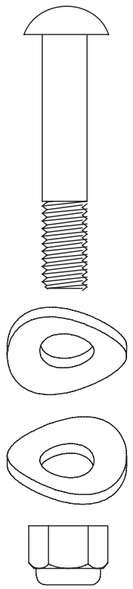
Assembly Instructions

STEP 3



BOLT B



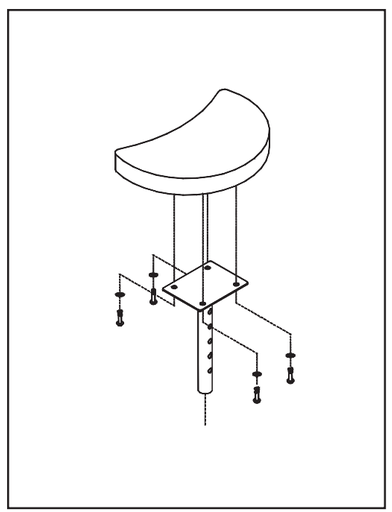
Assemble adjustable seat tube to upper ring and lower base ring. The tube should fit on top of the upper ring and over the bottom male connection point. At this point only assemble the tube to the upper ring using 1 BOLT B, 2 curved washers, and a nut.

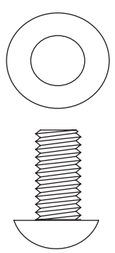
Note: Assemble one bent washer on each side of the bolt/nut connection point.

Also assemble pull-pin by turning the pull-pin bolt clockwise.

Note: The pull-pin has a pulling and a locking feature. To unlock the pull-pin twist the pullpin counterclockswise.

STEP 4





BOLT D

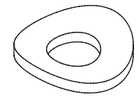
Using 4 Bolt D's and 4 flat washers assemble seat post tube to seat.

Note: Make certain to assemble the seat in the correct direction. Seat post tube holes should be facing away from the machine. See diagram.

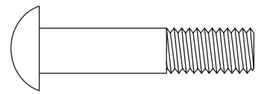
Parts List

(A) M8x52 ALLEN BOLT (QTY 3)

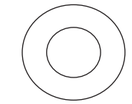
(B) M8x45 ALLEN BOLT (QTY 3)



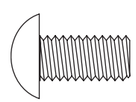
CURVED WASHER
QTY 19



(C) M8x38 ALLEN BOLT (QTY 4)



FLAT WASHER
QTY 7



(D) M8x16 ALLEN BOLT (QTY 11)

LOCK NUT
QTY 10

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Assembly Instructions

Check the parts list before assembling. If you are missing any parts please call our toll free customer service number 1.800.244.4192. Thank you.

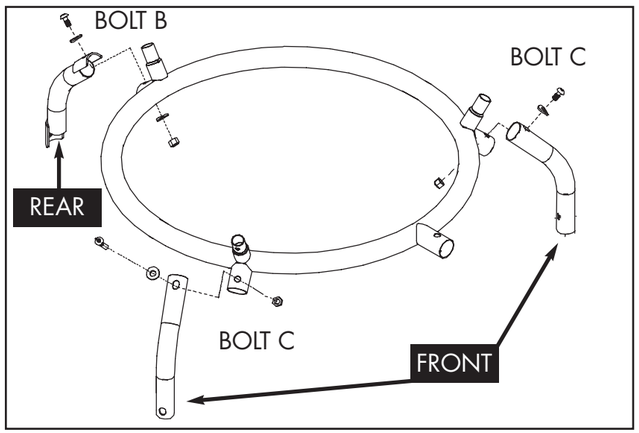
Before assembling the product read the following bulleted instructions:
•DO NOT INFLATE BALL FIRST.
•DO NOT INFLATE BALL OVER 65cm.
•DO NOT FULLY TIGHTEN BOLTS UNTIL PRODUCT IS FULLY ASSEMBLED.
·Tools are included for efficient assembly.
·Remove parts from bags and lay them out on a cleared area.
·Remove all packing materials and place them in box.
·Make sure all hardware is included.

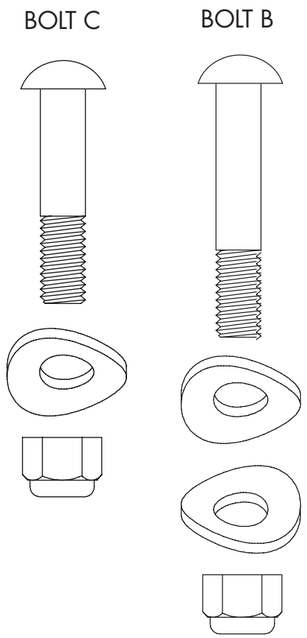
Note: It is recommended that you apply grease to the threads of each bolt as you assemble the product, to prevent loosening and noise. Also, during each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

STEP 1

Assemble front support tubes and rear support tube to the upper ring. Make sure small tube ends on the upper ring are facing up.

Note: Use BOLT C for the 2 front support tubes.
Note: Use BOLT B and 2 curved washers for the rear support tube.





Assembly Instructions

STEP 2

Assemble the upper ring front support tubes and rear support tube to the base ring. The upper ring support tubes should slide over the base ring tubes.

Note: Use BOLT C for the 2 front support tubes.

Note: Use BOLT B and 2 curved washers for the rear support tube.